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ABSTRACT

Focusing on the Outdoor Leader Basic Training Program, a major component of the Wilderness Encounter Training and Certification Project developed in Virginia to serve adjudicated youth, this document outlines the Leadership Certification process for Wilderness Encounter Programs. First is an overview of wilderness programing and the need for a Wilderness Encounter Training Project. The next section identifies and defines three levels of outdoor leadership (assistant leader, leader, and instructor) and lists requirements of each position. There is a list of the training programs offered and a description of the establishment of the Virginia Council for Outdoor Adventure/Education. Next is a listing of program goals, training objectives, and instructor training criteria. Following a discussion of the Wilderness Programs Board and the function of Certification Teams, there is an outline of leadership requirements and certification procedures. The next section sets forth the minimum requirements of training and experience applicable to all instructors and minimum standards for instructors in specific activities. The final sections consist of a list of additions to Standards and Guidelines for Wilderness Encounter Programs requested by the Governor's Advisory Council and a list of goals and purposes of the Virginia Council for Outdoor Adventure/Education. (CM)

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WILDERNESS LEADER BASIC TRAINING PROGRAM

(Developed under a DJCP Grant to
The Virginia Department of Corrections)

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HISTORICAL BACKGROUND OF CERTIFICATION PROCESS

In 1977 members of the Governor's Advisory Council on Juvenile Justice and Delinquency Prevention, as well as members of the Department of Corrections, expressed concern about the growing number of outdoor programs in the state.

This concern focused on two areas.

1. No information was available as to how effective these programs were.

2. No information was available as to how skilled the instructors were who were taking young people on trips and involving them in activities which had a high level of risk.

Two steps were taken to address these concerns.

1. The Division of Justice and Crime Prevention initiated an evaluation project to determine program effectiveness.

2. The Department of Corrections initiated a grant to hire consultants who would upgrade the training of existing program staff, and who would help design an ongoing certification process.

~~Both of these projects are underway at the present time.~~

A complicating factor is that during the past year the Department of Corrections has been reorganized, and the Division of Youth Services, which initiated the training and certification grant, has ceased to exist. The certification team within the Department of Corrections is minimally staffed and at present has all of its time taken up with such matters as jail certifications. Under the new organizational structure, no great interest has been expressed in continuing the certification process within the Department of Corrections.

THE OUTDOOR LEADER BASIC TRAINING PROGRAM

Designed and Implemented as a Primary Function of the:
Wilderness Encounter Training and Certification Project

Funded by: Department of Justice and Crime Prevention

Managed by: Virginia Department of Corrections

Written by: Paul Smith
Wilderness Programs Consultant
June 29, 1979

This booklet has been designed to provide a general overview of the Wilderness Encounter Training and Certification Project, a wilderness staff training project developed in Virginia. The Outdoor Leader Basic Training Program, a major component of this project, provides a comprehensive initial training experience for staff entering the field of outdoor adventure/education and is given a special focus in this booklet.

Contents:

A Brief Overview of Wilderness Programing
Basis for the Wilderness Encounter Training Project
Levels of Leadership Defined
Training Programs Offered
A Council is Established
A Photographic Documentation of Basic Training and Rock Climbing Instruction

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A SPECIAL THANKS. We have been supported in our efforts by a wide range of people during our three month involvement in this project by department administrators and program staff. This support has made our job a lot easier than it might have been. In particular, we want to thank Dave Carter, the Wilderness Encounter Training and Certification Project manager, for his support and assistance throughout the project.

Paul Smith and Woody Baker
Wilderness Program Consultants

During the past 15 years, wilderness programs typically adapted from Outward Bound concepts have been increasingly utilized in the treatment of delinquent and emotionally troubled youth. In the context of activities such as backpacking, rock climbing, white water canoeing, and caving, participants encounter the need for cooperation, interdependence, and respect for each other as they expand views of their personal limits and ability to acquire new knowledge and behavior. Experiences in these programs are impactful. Participants frequently reflect on their experiences as high points in their lives when they document new insights and gains in self-confidence and esteem. "I never thought I could do it!" participants report as they accomplish an apparently impossible climb. "I never felt so close to people before" can be heard as youths reflect on experiences shared during a week long backpacking trip.

It is recognized that the safety and success of these programs hinge on the skills of the leaders of each youth group. The judgement of leaders defines the amount of controlled risk a group may experience and the interpersonal ability of the leaders defines the extent to which experiences encountered can be effectively related to each participant's home environment. Program safety and program quality depend on capabilities of an outdoor leader staff.

BASIS FOR WILDERNESS ENCOUNTER TRAINING PROJECT

Virginia is the first state in the country to offer a training project sponsored by state government for outdoor leader staff working with troubled youth in wilderness environments. In order to assure the safety and well being of program participants, a series of Standards and Guidelines for Wilderness Encounter Programs were initially established by the Governer's Advisory Council of Wilderness Programs. The Standards and Guidelines became the basis for the Wilderness Encounter Training and Certification Project created to design and implement an organized staff training program in various skill areas related to outdoor leadership.

This project was funded by a three month grant through the Department of Justice and Crime Prevention and was based at the Department of Corrections Academy for Staff Development. Paul Smith and Woody Baker were employed as Wilderness Program Consultants during the Project - March 26 through June 29, 1979.

LEVELS OF LEADERSHIP DEFINED

A needs assessment was conducted early in the project revealing a broad range of wilderness programs in Virginia including a variety of program objectives and activity areas. To meet the diverse needs of each program, three levels of outdoor leadership were identified to provide a basis for training in specific areas of outdoor leadership.

ASSISTANT LEADER

Qualifies an indivudual to support and assist an Outdoor Leader on wilderness trips involving camping and backpacking activities with groups of adolescents. Specific responsibilities related to trip organization and leadership role are assumed as arranged with an Outdoor Leader.

Requirements:

- Satisfactory completion of Basic Training Program requirements including skills and knowledge related to:
  - Safety and logistical preparation
  - Leadership human relations skills
  - Program/trip organization
  - Campcraft/backpacking
- Red Cross Multi-Media Certificate
- CPR Certificate
- Log recording 5 weekends or 10 days in a co-leadership role

OUTDOOR LEADER

Qualifies an individual to function as the primary leader on wilderness trips including camping and backpacking activities with groups of adolescents. An Outdoor Leader is recognized as having the necessary experience and ability to assume responsibilities related to trip organization and safety considerations. An Outdoor Leader may function as a role model and helper for others in process of logging experience as Assistant Leader.

Requirements:

- Completion of Assistant Leader requirements
- Current Red Cross Multi-Media and CPR Certificates
- Logged experience of 50 days as Assistant Leader indicating record of trips and experience utilizing skill areas covered in Basic Training Program

INSTRUCTOR

Qualifies an individual to function as person responsible for high risk activity organization and safety (i.e. rock climbing, white water canoeing, caving, cold weather camping, etc.). An Instructor may function as a trip leader or as a resource person who joins a group for a specific activity. Achievement of Instructor qualifications in a high risk area indicates leadership and judgement necessary to provide a safe learning experience with a group of adolescents.

Requirements:

- Completion of Outdoor Leader requirements
- Current Multi-Media and CPR Certificates
- Satisfactory completion of training and assessment in the following areas:

Safety consideration and logistical preparation
Group management
Program/trip organization
Teaching/instruction organization and delivery
Logged experience indicating a wide range of experience and high level of technical ability in specialty area.

TRAINING PROGRAMS OFFERED

On the basis of the levels of outdoor leadership defined above, one of the primary functions of the project was to establish a training schedule offering as much instruction as possible in related skill areas. As a result, the following training programs were conducted:

Two six day Outdoor Leader Basic Training Programs
Two Rock Climbing Seminars
A White Water Canoeing Seminar
American Red Cross Multi-Media and CPR Instruction

Twenty-nine staff completed the Basic Training Program and 32 additional staff attended the other training events. The training project was a definite success. Evaluations of each training event were positive and requests for further training continue to be expressed.

A COUNCIL IS ESTABLISHED

In addition to coordinating training programs, the consultants identified a body of professional interested in supporting wildernsss programing in Virginia to discuss a continuation of training programs for wilderness encounter staffs following the conclusion of the project. As a result, an eighteen member Virginia Council for Outdoor Adventure/Education was formed during a two day meeting on June 11 and 12, 1979. Membership includes Department of Corrections and Department of Justice and Crime Prevention administrators, wilderness program directors, field experts, and professional educators. This Council intends to continue coordinating training programs emphasizing safety in addition to being a state-based advocate for quality and development of outdoor adventure/education programs.

A list of Council members is located in the final pages of this booklet.

THE PHOTOGRAPHIC DOCUMENTATION which follows relates graphically the objectives and experience of the Outdoor Leader Basic Training Program provided through the Wilderness Encounter Training and Certification Project.

A Rock Climbing Seminar was also documented with photographs which indicate some of the processes involved in a 'high risk'skills instruction seminar.

OUTDOOR LEADER BASIC TRAINING PROGRAM

Program Goals:

1. Assess instructors having skills in outdoor leadership areas including safety, leadership human relations, program organization, and campcraft/backpacking.
2. Provide training and directior for further training and experience for staff seeking certification.
3. Implement use of a personal log as a means of recording experience and training leading toward leadership/instructor status.

Training Objectives:

Specific training objectives are based upon criteria indicated in the Standards and Guidelines for Wilderness Encounter Programs' covered in Part I: Standards Applying to all Instructors and Part II: Minimum Standards for Instructors in Specific Activities including campcraft, map and compass, backpacking, and solo. Training agenda includes items listed under the following general headings.

SAFETY AND LOGISTICAL PREPARATION
-First aid kit
-Rescue and evacuation (introduction)
-Accident procedure/escape routes, sources of aid
-Special wilderness hazards- frostbite/hypothermia/heat exhaustion
-Personal and group equipment
-Route selection and preparation of route cards
-Weather

LEADERSHIP HUMAN RELATIONS SKILLS
-Co-leader partnership
-Relationship building and individual counseling
-Group management
-Behavior contracting and reinforcement methods
-Teaching/instructing

PROGRAM ORGANIZATION
-Relating experiential education philosophies to wilderness programs for troubled youth
-Goal and objective setting, implementation, evaluation, and measurement
-Responsibilities of group leaders and high risk activity instructors
-Behavioral limits for students

CAMPCRAFT/BACKPACKING
-Map and compass
-Utilization of outdoor initiative games
-Site selection/shelter organization
-Hygene
-Menue selection and outdoor cooking
-Environmental protection and ethics
-Walking skills on various terrain
-Solo

INSTRUCTOR TRAINING CRITERIA

Training in each of the high risk areas is performed according to principles, standards, and training objectives which relate to the various items in the outline below. More detailed outlines which list relevant principles will be compiled for each high risk program activity including rock climbing, white water canoeing, caving, and cold weather camping.

I. Safety Considerations
   - A. Functional skill in rescue and evacuation methods
   - B. Accident procedure coordinated with program office
   - C. Utilization of acceptable specific techniques during activity
   - D. Utilization of support and back-up systems during activity
   - E. Aware of weather considerations

II. Logistical Preparation Related to Equipment
   - A. Understanding quality standards for purchasing
   - B. Practicing personal and group equipment care
   - C. Knowledge of limits of equipment

III. Group Management
   - A. Setting standards/limits for group behavior during activity
   - B. Managing a group safely

IV. Program Organization
   - A. Integration of group experience during activity with overall program objectives
   - B. Selecting sites for instruction
   - C. Incorporating environmental ethics and conservation

V. Teaching/Instruction Organization and Delivery
   - A. Outline of content according to objectives
   - B. Effectiveness of delivery
   - C. Involving the group in practice

VI. Logged Experience
   Indicating a wide range of experience and high level of technical ability in the special area.

BASIC TRAINING PROGRAM
LEADING TO LEADERSHIP CERTIFICATION

Program Goals:

1. Assess and certify instructors having skills in outdoor leadership areas including safety, leadership human relations, program organization, and campcraft/backpacking.
2. Provide training and direction for further training and experience for staff seeking certification.
3. Implement use of a personal log as a means of recording experience and training leading toward certification.

Training Objectives:

Specific training objectives will be based upon criteria indicated in the 'Standards and Guidelines for Wilderness Encounter Programs' covered in Part I: Standards Applying to all Instructors and Part II: Minimum Standards for Instructors in Specific Activities including campcraft, map and compass, backpacking, solo, and marathon. Training agenda includes items listed under the following four general areas.

SAFETY AND LOGISTICAL PREPARATION

✓ -First aid kit
-Rescue and evacuation (introduction)
✓ -Accident procedure/ escape routes/sources of aid
✓ -Special wilderness hazards- frostbite/ hypothermia/lightning/heat exhaustion
✓ -Personal and group equipment
✓ -Route selection and preparation of route cards
-Weather

LEADERSHIP HUMAN RELATIONS SKILLS

✓ -Co-leader parnership
-Relationship building
-Individual counseling
-Group management
✓ -Behavior contracting and reinforcement methods
-Teaching/instructing

PROGRAM ORGANIZATION

-Relating experiential education philosophies to wilderness programs for troubled youth
✓ -Goal and objective setting, implementation, evaluation, and measurement
-Responsibilities of group leaders and high risk activity instructors
-Behavioral limits for students

CAMPCRAFT/BACKPACKING

✓ -Map and compass
-Utilization of outdoor initiative games
-Solo/marathon
-Site selection/tent organization -
-Hygene
✓ -Menus selection and outdoor cooking
-Environmental protection and ethics
-Walking skills on various terrain

4/10/79

WILDERNESS LEADER CERTIFICATION
BASIC TRAINING COURSE

	morning	afternoon	evening
MONDAY	9:00-Welcome, Introductions Backgrounds/ Course Outline & Objectives 10:30-Self Assessment Framework for Experien. Ed. & its application	1:00- Log Books Program Logistics Route Cards (Map Reading, Map & Compass, & Procedures)	7:00- Wilderness Hazards Bill Clem-Guest Speaker
TUESDAY	8:30-Program Objectives & Planning -Creative Applications of Objectives into Programs	1:00- Medical Aid Accident Procedures 3:30- Drug Intervention	OPEN
WEDNESDAY	8:30- Group Management Techniques -Instructing/Teaching Techniques	1:00- Co-Leader Partnership Skills	7:00- Accident Procedures Escape Routes Sources of Aid Lee Noon-Guest Speaker
THURSDAY	8:30- Leadership Skills Wrap-up	1:00- Behavior Contracting Methods 3:30- Prepare for Practicum	6:30-Depart for Field Training Walk In/ Set Camp
FRIDAY	8:30-Break Camp/ Walking Skills, Backpacking Techniques 10:30-Route Finding & Map-Compass Practicum	1:00-Skills Training & Sharing -weather -hygene -environmental ethics -outdoor cooking -site selection & tent organiz. -walking skills	6:00- Open 8:30- Simulated Rescue/ Search & Evacuation
SATURDAY	8:30-Practicum De-brief Hike Out/ Return to Academy	1:00-Clean up Self Assessment Depart	

WILDERNESS LEADERSHIP CERTIFICATION
FOR
WILDERNESS ENCOUNTER PROGRAMS

(Funded by the Virginia Department of Corrections and The Department of Justice and Crime Prevention)

As Developed By
Woody Baker
Paul Smith
Wilderness Programs Consultants
Virginia Department of Corrections
April, 1979

FORWARD

The intent of this document is to outline the Leadership Certification process for Wilderness Encounter Programs which serve adjudicated youth, and are funded by the Commonwealth of Virginia.

The establishment and implementation of the certification process has been designed by Wilderness Encounter Programs (or projects utilizing wilderness encounter) who are funded partially or in full by the Division of Justice and Crime Prevention and the Virginia Department of Corrections. The intent of the certification process is to: a) ensure the safety of those engaged in potentially dangerous activities in the wilderness; b) offer quality training for the development of instructional staff; c) establish a consistent set of technical standards among state funded wilderness programs; and d) establish and train a Certification Board that administers the certification process, ensures quality training, and acts as a liason with outside experts on behalf of state approved wilderness programs.

It is imperative that training remains the primary objective of the system, with certification and assessment serving as confirmation of effective training. It is <u>not</u> the primary intention of the process to dictate and regulate policy in specific wilderness programs; rather, to offer certification through training and assessment based on the accepted guidelines and standards as defined by those representing wilderness programs in Virginia.

The ultimate goal of the certification process is to establish a process which provides training and assessment, monitored by agencies dispensing funds and assuming liability, and supported by technical experts and programs operating independently of state funding.

Woody Baker
Paul Smith
Wilderness Program Consultants
Virginia Department of Corrections
April, 1979

LEADERSHIP CERTIFICATIONS IN WILDERNESS PROGRAMS

The scope of wilderness programs in Virginia includes a variety of program objectives and activity areas. In order to meet the diverse needs of each program, the certification process incorporates training and assessment in specific areas of outdoor group leadership.

Three levels of certification are offered for those taking groups of young people into a Wilderness setting:

A. Assistant Leader Certification qualifies an individual to support and assist a leader on wilderness trips involving camping and backpacking activities.

B. Leader Certification qualifies an individual to function as a primary leader on wilderness trips involving camping and backpacking activities with groups of adolescents. A Certified Leader is recognized as having the necessary experience and ability to assume responsibilities related to safety considerations and trip organization.

C. Instructor Certification is designed for leaders who utilize high-risk activity areas (i.e. rock climbing, white water canoeing, caving, cold weather camping, etc.). Certification for specific technical areas will ensure that a leader is capable of safely organizing and conducting specific high-risk activities with adolescent groups.

Under normal circumstances, Leader Certification is a pre-requisite of application for assessment as a Certified Instructor.

The Wilderness Programs Board

The governing body of the certification process is the Wilderness Programs Board, which has representatives of various spheres associated with wilderness programs. Included are: Department of Corrections; Department of Justice and Crime Prevention; staff of state funded Wilderness Programs; staff of privately funded Wilderness Programs; independent experts in specific wilderness activities; and authorities in Experiential Education, conservation, and program organization. The Wilderness Programs Board administers the training and assessment process leading to certification as established by the regulations governing its policies and intent.

Certification Teams

Within the structure of the Wilderness Programs Board exist various Certification Teams for each designated technical area. The function of the Certification Team is to establish standards for certification, offer scheduled training and assessment in their respective technical areas, and identify training options through outside agencies. All Certification Team actions must be approved by the Wilderness Programs Board and it is the responsibility of the Certification Teams to implement Board policy as it applies to each particular Team.

Training

A considerable amount of variety and experience is required to achieve certification in each level; Details are in the appropriate sections to follow. It is the candidate's responsibility to gain the necessary experience, knowledge and skills to meet the certification requirements. Utilization of training offered by the Board is encouraged so that conformity to technical methods and safety will ensure a positive assessment. A Basic Training Course is offered by the Board for training leading to certification as Assistant Leader and Leader. In-house training and/or identified training options by outside agencies will be the basis for certification as an Instructor in a specific skill area. Most people will find a training course useful, but this is not a requirement of certification.

Assessment

Assessment is conducted for each level of certification. Assessment will be carried out by respective Certification Teams, with practical demonstration of technical skills and safety precautions being strongly emphasized. Requests for assessment in particular activity areas should be made in writing to the Wilderness Programs Board.

Exemption

In exceptional circumstances the Board may grant exemption from the normal assessment procedure, but candidates must satisfy the Board that their experience and knowledge are up to the required standard.

Annual General Meeting

Each year the Wilderness Programs Board will conduct a meeting for the purpose of airing general opinion on standards, technical developments, and general Board policies and structure. All Certified Assistant Leaders, Leaders, and Instructors as well as those in the process of being certified, may attend this meeting and present items for discussion related to the certification process.

Appeals

Any person feeling adversely affected by the certification process and its ramifications may appeal to the Certification Board in writing for re-consideration according to what they believe to be just and fair.

PROCEDURES LEADING TO CERTIFICATION

In order to gain certification the following steps must be taken:

A. Complete the attached form, or write a letter to the Board stating your intent to become certified. The Board will then issue a Log Book and notify you of upcoming training.

B. Enter your experience in the Log Book and ensure that knowledge and experience are fully reflected in your Log Book. A training course sanctioned by the Board may be useful.

C. Apply, in writing, for a request to be assessed by the related Certification Team. A date will be established to assess you in an instructional environment with which you are familiar.

D. Aquire Red Cross CPR and Multi Media First Aid Certification. These certificates must be current and copies must accompany the Log Book at the time of certification.

E. Upon assessment, you will be issued a certificate or notified of additional training/ experience requirements. Certification will be valid for three years at which time renewal will be required.

ASSISTANT LEADER CERTIFICATION

The Assistant Leader Certification is designed primarily for individuals wishing to take novice youth backpacking or camping in a co-leadership role. It is not intended for those taking youth into hazardous situations where serious personal injury could occur. Participation in the established Basic Training Course will cover the syllabus requirements and is strongly suggested.

Before being assessed the candidates must have the following minimum:

Logged Wilderness Experience

Ten (10) Days or Five (5) Weekends backpacking experience in a co-leadership role. This experience should be on different routes with some variety of terrain.

Syllabus

Assessment will be based on the following criteria covered in the Basic Training Course:

1. Safety and Logistical Preparation
   a) First Aid Kit
   b) Rescue and Evacuation (introduction)
   c) Accident Procedure/ Escape Routes/ Sources of Aid
   d) Special Wilderness Hazards--frostbite/ hypothermia/ lightning/ heat exhaustion
   e) Personal and Group Equipment
   f) Route Selection and Preparation of Route Cards
   g) Weather

2. Leadership and Human Relations Skills
   a) Co-leader Partnership
   b) Relationship Building
   c) Individual Counseling
   d) Group Management
   e) Behavior Contracting and Reinforcement Methods
   f) Teaching/ Instructing

3. Program Organization
   a) Relating Experiential Education Philosophies to Wilderness Programs
   b) Goal and Objective Setting, Implementation, Evaluation, and Measurement
   c) Responsibilities of Group Leaders and High Risk Activity Instructors
   d) Behavioral Limits for Students

4. Campcraft/ Backpacking
   a) Map and Compass
   b) Utilization of Outdoor Initiative Games
   c) Solo/ Marathon
   d) Site Selection / Tent Organization
   e) Hygiene
   f) Menu Selection and Outdoor Cooking
   g) Environmental Conservation and Ethics
   h) Walking skills on Various Terrain

By contacting the Certification Team responsible for the Basic Training Course, more detail is available regarding specifics under each of the above headings.

LEADER CERTIFICATION

The Leader Certification is designed primarily for those people wishing to take novice youth backpacking and camping in a leadership role. It is not intended for those taking youth into hazardous situations where serious injury could occur. Participation in the Basic Training Course will cover the syllabus requirements and is strongly suggested.

Before being assessed the candidate must have the following minimum:

Logged Wilderness Experience

Fifty (50) Days or Twenty five (25) Weekends as an assistant leader, indicating records of trips and the experience utilizing skill areas covered in the syllabus. This experience should be varied and not limited to one geographical area. Personal experience is also worth mention to indiciate the depth of your experience.

Syllabus

See Syllabus for Assistant Leader Certification

INSTRUCTOR CERTIFICATION

The Instructor Certification is designed for those who are engaged in leading and teaching youth activities defined as having a significant element of inherent danger. This level of certification should be attempted only by those who already possess experience and expertise in that specific area and plan to lead the activity with regularity. Due to broad variety in techniques, it is suggested that candidates participate in a sanctioned training course or familiarize themselves with the specific standards and guidelines adhered to by the Certification Team in each activity area. Conformity to stated standards will be necessary for certification, regardless of experience. A list of the accepted standards, methods and techniques are available from each Certification Team on request.

Before being assessed candidates must have the following minimum:

Logged Experience

a) Logged experience and certification as a Leader (see above section)
b) Experience indicating a variety of field experience in the specific activity area both as leader and as participant. There should be evidence of technical experience above the level at which instruction of groups will occur.
c) Diversity of locations including extremes in the activity medium.
d) Participation in actual or simulated rescue exercise related to the activity medium.

Syllabus

1. Safety Considerations
   a) Functional skill in rescue and evacuation methods
   b) Accident procedure coordinated with program office
   c) Utilization of acceptable specific techniques during activity
   d) Utilization of support and back-up systems during activity
   e) Awareness of weather conditions

2. Logistical Preparation Related to Equipment
   a) Understanding quality standards for purchasing

b) Practicing of personal and group equipment care
c) Knowledge of limits of equipment

3. Group Management
   a) Setting standards/ limits for group behavior during activity
   b) Managing a group safely

4. Program Organization
   a) Integration of group experience during activity with overall program objectives
   b) Selecting sites for instruction
   c) Incorporating environmental ethics and conservation

5. Teaching/ Instruction Organization and Delivery
   a) Outline of content according to objectives
   b) Effectiveness of delivery
   c) Involving the group in practice

It will be the responsibility of each Certification Team to issue a more specific syllabus and log requirements as it relates to each activity area, as well as details on accepted standards and methods adopted by the Board.

STANDARDS AND GUIDELINES FOR WILDERNESS ENCOUNTER PROGRAMS
Funded by the Division of Justice and Crime Prevention
Using Part C and Juvenile Justice and Delinquency Prevention Funds

INTENT

It is the intent of these standards and guidelines to assure the safety and well-being of program participants in programs funded by the Division of Justice and Crime Prevention by establishing minimum requirements of training and experience for those persons who will be responsible for the conduct of specific activities requiring technical skills.

CERTIFICATION

Individual instructors will be certified by a team consisting of one representative from DJCP, the project director who employs the instructor, and one experienced member of another Wilderness Encounter program in Virginia, this member to be agreed upon by both the DJCP representative and the project director.

PART ONE

STANDARDS APPLYING TO ALL INSTRUCTORS

Definition: An instructor is the person responsible for leading trips in the field. The instructor bears the immediate responsibility for the safety and well-being of trip participants.

1. Certification in First Aid:

   Instructors will be certified in the following areas:

   a. Standard First Aid or equivalent;

   b. Legally recognized and certified basic CPR and AR training;

   c. Field training and preparedness with first aid, as in simulations and mock rescues;

   d. Knowledge of field first aid kits and survival kits and their use.

2. Overall fitness:

Instructors will be able to:

a. Equal the physical exertion required of program participants;

b. Do whatever the particular activity requires;

c. Recognize psychological limits in persons undergoing physical stress.

3. Area Study:

The instructor will have knowledge of the Wilderness environment in the particular geographic area in which the trip is taken, possible dangers in the area and the location of help.

4. Experiential education:

The instructor will:

a. Have a working knowledge of the philosophy of experiential education in wilderness programs;

b. Know the major proponents of wilderness education and the application to the instructor's own program;

c. Have prior experience as a student or instructor in an adaptive program, such as Outward Bound, the National Outdoor Leadership School or the equivalent.

5. Use of drugs:

The instructor will:

a. Have knowledge in the care and medical attention given to persons who have taken an overdose of drugs;

b. Have knowledge in the care and medical attention given to persons suffering from drug withdrawal symptoms;

c. Have a minimum of three hours training in drug crisis intervention.

6. Human relations:

The instructor will:

a. Have an understanding of individual and group dynamics;

b. Have the ability to reinforce positive learning and behavior;

c. Have the ability to use real life situations and dangers as examples;

d. Have the ability to discuss rational and irrational behavior.

7. Accident prevention measures:

The instructor will demonstrate to the certification team:

a. Knowledge and ability in site selection of individual activities;

b. Knowledge and ability in site inspection of individual activities;

c. Knowledge and ability in the construction of individual activities;

d. Knowledge of and ability to use the equipment and materials required in individual activities;

e. Knowledge and ability of the program objectives of individual activities;

f. Knowledge and ability of educational objectives of individual activities;

g. Knowledge and ability in leading a group through a progression of spotting safety and peer support activities, ranging from simple activities to more complex ones;

h. Knowledge and ability in setting up spotting, belaying and signals as control procedures for individual activities;

i. Knowledge and ability in emergency rescues and evacuation through setting up mock situations;

j. Knowledge and ability in the preservation and conservation of the trip area.

PART TWO

MINIMUM STANDARDS FOR INSTRUCTORS IN SPECIFIC ACTIVITIES

Definition: An instructor in a specific activity is required to meet standards only for the activity he or she will be instructing. For example, an instructor in campcraft will not be required to meet the standards for an instructor in sailing. When a program director wishes to provide a certain activity for his clients and when his resident instructors are not certified in this activity, the program director will acquire outside instructors who meet the required qualifications.

1. CAMPCRAFT

An instructor in campcraft shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Required constructions;

d. Use of equipment and materials;

e. Program objectives;

f. Educational objectives;

g. Emergency rescue and evacuation procedures and their application;

h. Preservation and conservation of the trip area;

i. Types of fires, use of camp stoves and related safety procedures;

j. Types of tents, tarps and emergency shelters and their assembly;

k. Types of packs and their uses;

l. Types of sleeping bag systems, the materials and cost involved;

m. Use of campgrounds, the policies, procedures and costs involved;

n. Trip logistics, including equipment maintenance, adequacy of clothing, transportation and food packing;

o. Environmental impact, including limited use of pioneering skills and sanitation;

p. Food, including nutritional values, menu planning and cooking.

2. MAP AND COMPASS WORK

An instructor in map and compass work shall demonstrate to the certification team knowledge and ability in the following areas:

a. Program objectives;

b. Educational objectives;

c. Ability to read and use topographical maps and various trail guides, including interpreting commentary by local residents;

d. Ability to read and use compass;

e. Ability to orient a map by compass and geographic feature;

f. Ability to use a map and compass in a realistic field situation;

g. Ability to lead a group through a progression of map and compass skills which will enable participants to effectively perform the skills listed under c, d, and e above.

3. SURVIVAL

An instructor in survival skills shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Required constructions;

d. Use of equipment and materials;

e. Program objectives;

f. Educational objectives;

g. Emergency rescue and evacuation procedures and their application;

h. Preservation and conservation of the trip area;

i. Types of fires;

j. Types of tents, tarps and emergency shelters and their assembly;

k. Psychology of survival;

l. Physiology of survival;

m. Edible plants;

n. Signals;

o. Common sense survival.

4. BACKPACKING

An instructor in backpacking shall demonstrate to the certification team knowledge and ability in the following areas:

a. Minimum standards for campcraft;

b. Minimum standards for map and compass;

c. Minimum standards for survival;

d. Experience with trip leadership;

e. Knowledge of specific trail systems to be used;

f. Minimum experience of five trips or ten days backpacking in the capacity of assistant leader.

5. COLD WEATHER CAMPING

An instructor in cold weather camping shall demonstrate to the certification team knowledge and ability in the following areas:

a. All qualifications for backpacking instructor;

b. Additional ten days of experience in weather 40 degrees (farenheit) or colder;

c. Treatment of hypothermia and frostbite;

d. Proper diet for body heat and energy conservation in cold climates;

e. Specific cold weather camping skills including types of layering of clothing, prevention of frozen water supply, prevention of frozen boots, use of frostliner and proper ventilation;

f. Winter rescue and evacuation procedures and application;

g. Use of shelters, special site location, winter tenting and winter sleeping systems.

6. DEEP SNOW CAMPING

An instructor in deep snow camping shall demonstrate to the certification team knowledge and ability in the following areas (deep snow is defined as undrifted snow four or more inches in depth):

a. All qualifications for cold weather camping;

b. An additional ten days of camping experience in deep snow;

c. Verifiable experience in the specific winter activity being taught including cross-country skiing, snowshoeing, and exploration of snow caves.

7. CANOEING

An instructor in canoeing shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Use of equipment and materials;

d. Program objectives;

e. Educational objectives;

f. Emergency rescue and evacuation procedures and their application;

g. Preservation and conservation of the trip area;

h. Basic canoeing, kayaking and rafting skills, certified by Red Cross standards or the equivalent;

i. Demonstrated ability to lead small group on extended trip;

j. Red Cross advanced lifesaving certification or the equivalent;

k. Ability to read topographical maps;

l. Ability to read rivers;

m. Ability to work logistical support.

8. SURFING

An instructor in surfing will demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Use of equipment and materials;

d. Program objectives;

e. Educational objectives;

f. Emergency rescue procedures and their application;

g. Preservation and conservation of the trip area;

h. Advanced lifesaving certificate;

i. Ability to surf with experience (minimum) of ten days;

j. Ability to read waves and ocean currents;

k. Knowledge of local regulations.

9. SAILING

An instructor in sailing shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Required constructions;

d. Use of equipment and materials;

e. Program objectives;

f. Educational objectives;

g. Emergency rescue procedures and their application;

h. Preservation and conservation of the trip area;

i. Red Cross sailing certification or equivalent;

j. Advanced lifesaving certificate;

k. Knowledge of basic navigational rules;

l. A demonstrated navigational ability.

10. ROPES COURSE

A ropes course instructor shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection of individual activities;

b. Site inspection of individual activities;

c. Construction of individual activities;

d. Equipment and material used in individual activities;

e. Program objectives of individual activities;

f. Educational objectives of individual activities;

g. An ability to lead the group through a progression of spotting, safety and pear support activities, progressing from simple activities to more complex ones;

h. Spotting, belaying and signals as control procedures for individual activities;

i. Emergency rescues and evacuations through simulations;

j. Preservation and conservation of ropes course area;

k. (Special Condition) Program staff will be present or will certify visiting program staff in the safety procedures involved in a specific ropes course.

11. ROCK CLIMBING

A rock climbing instructor shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection of individual climbs, rappels and boulder activities;

b. Site inspection of individual climbs, rappels and boulder activities;

d. Equipment and materials used in individual climbs, rappels and boulder activities;

e. Program objectives of specific activities;

f. Educational objectives of specific activities;

g. An ability to lead the group through a progression of spotting, safety and peer support activities, progressing from simple to complex;

h. Spotting, belaying and signals as controlled procedures for individual activities;

i. Emergency rescues and evacuations through simulations;

j. Preservation and conservation of the area;

12. SOLO

An instructor in solo activities shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Required constructions;

d. Use of equipment and materials;

e. Program objectives;

f. Educational objectives;

g. Orientation of students on safety and emergency procedures;

h. Controlled procedures as set by the program director;

i. Emergency rescue and evacuation through simulations;

j. Preservation and conservation of the trip area.

13. MARATHON

An instructor in the marathon shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Proper clothing;

d. Program objectives;

e. Educational objectives;

f. An ability to lead the group through a progression of physical and psychological conditioning activities;

g. Control measures as set by the program director;

h. Emergency rescue and evacuation procedures and their application;

i. Preservation and conservation of the trip area.

14. BIKE HIKES

An instructor in bike hikes shall demonstrate to the certification team knowledge and ability in the following areas:

a. Route and campsite selection;

b. Route and campsite inspection;

c. Use of equipment and materials;

d. Program objectives;

e. Educational objectives;

f. An ability to lead the group through a progression of physical conditioning, safety and peer support activities;

g. Signals and control procedures;

h. Emergency rescue and evacuation procedures;

i. Preservation and conservation of the environment.

15. CAVING

An instructor in caving shall demonstrate to the certification team knowledge and ability in the following areas:

a. Site selection;

b. Site inspection;

c. Required constructions;

d. Use of equipment and materials;

e. Program objectives;

f. Educational objectives;

g. Emergency rescue and evacuation procedure and their application;

h. An ability to lead the group through a progression of spotting, safety and peer support activity, from simple to complex;

i. Spotting, belaying and signals as control procedures;

j. Preservation and conservation of cave;

k. Basic geological knowledge of caves.

Additions to

Standards and Guidelines for Wilderness Encounter Programs

as requested by

The Governor's Advisory Council on Juvenile Justice and Delinquency Prevention

. . . . . .

The items below relate to Part Two, Minimum Standards for Instructors in Specific Activities. The numbers correspond to the numbers in the standards.

1. Campcraft

The minimum acceptable clothing and equipment for overnight trips shall be determined on a case by case basis by the head of the program and shall include the following:

Individual	Group
Rain gear	Shelter
Clothing	First and emergency
Eating and drinking utensils	Map and compass
Sleeping bag and ground cover	Light
Whistle	Fire building
	Food

7. Canoes for white water expeditions must be made of ABS plastic or of marine aluminum rated at .05-0 inches.

8. Participants in surfing programs must demonstrate to the instructor a satisfactory swimming ability. All surf boards must have a shock cord attached.

10. Ropes Course

The publication Cowtails and Cobras is adopted as the minimum standard for ropes course construction. Inspection of the course by a certification team is required. Any deviation from standards must be approved by the certification team.

11. Rock Climbing

Rope	5000 lb tensile strength minimum Laid nylon 7/16" diameter
Carabiners, locking	5000 lbs
Carabiners, oval	2600 lbs
Ascender ring	2000 lbs
Webbing	1" tubular nylon, 4000 lbs tensile strength 1" flat

12. Solo

Shelter requirements are to be upgraded from group to individual. Female participants will be checked twice daily. Instructors will be within sound range of voice or whistle.

Any solo exceeding 24 hours must have food with each individual on his or her solo site. The minimum food requirements per day are as follows:

Group	Food source	Amt./day	Protein	Fat	Gm	Cals.
Milk	Cheese, cheddar	3 oz.	25	3	3	300-400
Meat	Soybeans Nuts (unsalted)	2½-3 ozs	12	30	12	390
Vegetables	Dried fruits	2-3 ozs	3	1	40	180
Bread	Dark bread (roll)	½-1 oz	4	1	38	50

The maximum and minimum fluid intakes are as follows:

Maximum with foods, 2½ quarts per day
Normal with food, 2 quarts per day

Minimum basic requirement in temperate climate when individual is inactive, 1½ quarts per day (without food)

Individuals will receive a minimum of 1½ quarts of H_2O per day if no food is given. At least 2½ quarts will be given in a hot climate if no food is given.

14. Bike hikes

A repair kit will be available to each group. Safety equipment will meet the legal requirements of the trip area.

Addition A First aid kits will contain the following:

Four dimes for emergency phone calls
Pencil and paper
Dry matches
1" bandaids
2" bandaids
Tweezers
Safety pins
Mole skin
Snake bite kit
Ace bandage
First aid manual
Water purifiers
Absorbent cotton
Tampons
Adhesive tape
Gauze pads, 2" x 2"
Section of Saran wrap
Salt tablets
Foot powder
Antacid
Diarrhea aids (Lomotil, Polymagma, Kaopectate

One quart of water must be available at all times.

THE VIRGINIA COUNCIL FOR OUTDOOR ADVENTURE/ EDUCATION

PURPOSE
(as proposed by the Council's Executive Committee)

To promote the quality, development and evaluation of outdoor adventure/education in Virginia and to encourage safety and environmental concern by programs and staff utilizing the natural environment experientially.

DEFINITION: OUTDOOR ADVENTURE/ EDUCATION is viewed by the Council as an experiential learning process which traditionally utilizes the out-of-doors typically in a backcountry setting for interpersonal growth and character building goals. Activities commonly incorporated in this learning process include camping, backpacking, ropes/initiatives courses, rock climbing, white-water canoeing, and caving.

VCOAE GOALS

(still being formulated and subject to approval)

1. Offer Training on a basic and high-rick activity level for outdoor leaders
2. Publish minimum guidelines for various activities (caving, ropes/initiateves, white-water canoeing, etc.)
3. Educate and promote adventure education on a state-wide level, through presentations, slide shows, brochures, newsletters, legislative contacts, etc.
4. Investigate possibilities for reduced package liability insurance for adventure education programs
5. Establish a resource and equipment co-operative on a state-wide level, encouraging sharing of resources, staff and in certain instances equipment.
6. Develop consultation services for programs using, or wishing to incorporate, adventure education in their programs.
7. Establish a register of 'trained personnel', in the state who have been a part of VCOAE training, and their level of achievement.
8. Maintain records on existing programs in the state and their personnel.
9. Evaluate programs to develop a sound justification for such program's existence.
10. Conduct surveys and offer materials to aid developing programs or those with special needs.
11. Through workshops and training, increase the cost effectiveness and managerial expertice of staff directing adventure/education programs.
12. Support the concept and aid in the development of Regional Centers for adventure education
13. Help to bridge the gap between various disciplines in the state utilizing adventure education (i.e. school, corrections.